

**EXERCISE AND THERAPEUTIC TRAINER**

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## EXERCISE AND THERAPEUTIC TRAINER

This application claims the benefit of U.S. Provisional Application Number 60/093,927 as filed July 23, 1998, U.S. Patent Application Serial No. 09/249,189 filed February 12, 1999 now U.S. Patent No. US 6,183,398 B1 issued February 6, 2001 and U.S. Patent Application Serial No. 09/740,445 filed December 19, 2000.

Your Petitioners, Fred Mercado, a citizen of the United States of America and a resident of Orange County, in the State of California, whose residence and post office address are 24681 Mendocino, Laguna Hills, California 92653; John C. Rufino, a citizen of the United States of America and a resident in the State of Colorado, whose residence and post office address are 18020 CR 27.8, Dolores, Colorado 81323; and, Yong Ming Goh, a citizen of Malaysia and a resident of Orange County, in the State of California, whose residence and post office address are 5 Via Berrando, Rancho Santa Margarita, California 92688 pray that letters patent may be granted to them for the invention of an **EXERCISE AND THERAPEUTIC TRAINER** as set forth in the following Specification.

BACKGROUND OF THE INVENTION AND PRIOR ART

FIELD OF THE INVENTION

This invention pertains to exercise apparatus which is in the form of a trainer that provides a simulated walking or running stride. The trainer of this invention falls within the field of exercise and therapeutic devices such as stepping machines, simulated cross country ski machines, stationary bicycles, as well as other types of exercise trainers. It more particularly relates to those types of exercise trainers within the art and background related to pedals that can be reciprocated as attached to a pair of cranks to provide for a simulated walking or running motion for both exercise and physical therapy.

PRIOR ART

Exercise and therapeutic training devices come in many forms. As is generally known, such exercise devices can include stationary bicycles such as those of the reclining and vertical type. Further to this extent, there are such devices that are simulated stepping machines which allow one to step upwardly and downwardly to simulate a climbing of stairs. Also well known are treadmills that simulate running, jogging, and walking vigorously.

There are other well known devices that not only include cycling but also efforts related to treadmill workouts.

Treadmills generally permit a user to walk, jog or run on a stationary machine. However, they are considered impact devices which in some cases are not as beneficial to the user as for example a low impact device such as a bicycle whether it be a reclining or vertical bicycle or such stepping machines as are known in the art.

There are exercise trainers that are currently known in the art that simulate a running, walking, or jogging effort on a pair of pedals. These pedals are physically connected to cranks that are under a load. Such exercise trainers can have their pedals trace a path approximating an ellipse or what can be considered as a modified elliptical path. One of the drawbacks of such modified elliptical paths is that the major

1 axis of the path is limited to being twice the crank's length.

2  
3 When the foregoing translates to the diameter of the  
4 wheel or disk under load that is being driven, it creates a  
5 significantly high pedal step up. This does not provide  
6 sufficient aerobic effort nor provide for enough hip flexure to  
7 maximize a cardiovascular workout through the leg, hip,  
8 quadriceps, and other muscle portions of the body. Also, when  
9 used as a physical therapy device, it is cumbersome, bulky,  
10 high, and difficult for a patient to use.

11  
12 In order to overcome the deficiencies of the prior  
13 art, this invention utilizes a unique relative motion concept  
14 with respect to the foot links and the foot pedals. The  
15 invention in order to accomplish this, utilizes a foot pedal  
16 mounted with rollers on a foot link. This allows relative  
17 motion when the foot pedal has been maintained by a  
18 relationship to a ground or non-moving portion. The foot pedal  
19 moves in relationship to a fixed or grounded area such as the  
20 frame.

21  
22 A flexible belt like element that can be in the form  
23 of a belt, chain, cable, or other member allows the foot pedal  
24 to slide relative to the foot link as the foot link  
25 reciprocates backwardly and forwardly. In effect, the flexible  
26 member pulls the foot pedal relative to the foot link in the  
27 direction of foot link travel. The net effect is to increase  
28 the stride length by a factor of approximately four relative to

1 ground. The normal relative movement would be approximately  
2 two times the crank length.

3  
4 The foot links with the flexible member when moving  
5 backwardly cause a pulling of the foot pedals backwardly along  
6 the length of the foot link. This creates a stride with a  
7 modified elliptical motion while at the same time maintaining a  
8 small crank diameter.

9  
10 The exercise and therapeutic trainer of this device  
11 is particularly enhanced by providing a seat for physical  
12 therapy. The seat allows a patient to sit on the trainer. The  
13 patient can then use the foot pedals in a manner whereby the  
14 patient can move them with a modified limited effort. In  
15 particular, a lesser effort than is normally required can be  
16 effected by having a motor drive the foot pedals and the foot  
17 links. The action emulates a more natural gait or stride to  
18 return the rehabilitating patient to walking and running  
19 capability.

20  
21 The motor when driving the foot links and pedals  
22 allows a therapy patient to move their respective legs and feet  
23 in a manner to provide therapy at a particularly desired level  
24 of effort for that particular patient. For instance, the level  
25 of therapy can be changed by an automatic adjustment on a panel  
26 to allow for increases or decreases in overall speed and  
27 effort.  
28

Furthermore, the motor driving the pedals of the therapy unit can be overdriven by the patient beyond the motor driven movement. This overdrive by the patient allows the motor to exert a braking effort on the patient so that a certain amount of positive effort is required upon the part of the patient for therapy purposes. In this manner the patient exerts more effort as they regain strength during the rehabilitating process.

## SUMMARY OF THE INVENTION

In summation, this invention comprises an exercise and physical therapy trainer having a load or motor drive which can be increased or decreased by appropriate control applied to rotational cranks which are in turn connected to a pair of foot links having foot pedals provided with relative movement to multiply the distance which the foot links move with an adjustable seat provided for physical therapeutic activity.

More specifically, the invention incorporates a pair of foot links which are supported on rollers at one end for reciprocating movement. At the other end, the foot links are attached to a pair of cranks.

The entire trainer is supported on an underlying frame. Attached to the frame is a ground point. The ground point can extend from a post or columnar support or other means. The ground point allows for attachment of a flexible member in a fixed grounded relationship. The flexible member is comprised of a belt, chain, cable, or other means to allow the relative movement of the foot link to pull the foot pedal or drive it backwardly as the foot link oscillates in a reciprocal movement.

The foregoing reciprocal oscillating movement of the foot link accommodates the flexible member by having the flexible member looped and carried as a continuous member



1 around two support pulleys at either end. The support pulleys  
2 allow for the flexible member to move around them and at the  
3 same time be driven by the foot link.

4  
5 Attached to the foot pedal is an anchor to which the  
6 flexible member is attached in a fixed manner. The flexible  
7 member is also anchored to the frame to form a fixed location  
8 relative to motion of the foot pedal. In this manner, as the  
9 foot link reciprocates backwardly, it tends to drive the  
10 flexible member pulling the foot pedal. The foregoing relative  
11 motion provides for an approximate doubling motion to increase  
12 the reciprocal movement of the foot pedal to approximately four  
13 times that of what would normally be the distance of the crank  
14 length.

15  
16 Alternative embodiments of this invention also  
17 incorporate a flexible member looped around multiple rollers  
18 connected to the foot link so as to allow the reciprocal  
19 movement to be multiplied by a factor of approximately six or  
20 eight times the crank length.

21  
22 This invention is particularly efficacious for  
23 therapy of physically handicapped and injured people such as  
24 stroke victims, victims of leg injuries, and other situations  
25 requiring physical therapy. The invention is enhanced by a  
26 seat which can be adjusted by a motor. The seat can be swung  
27 to either side to allow for a patient to be placed on the seat  
28 and then moved to a centrally oriented location. The patient's

1 feet can then be placed on the pedals of this invention. After  
2 placement on the pedals, the particular speed of movement can  
3 be set.

4  
5 This is done through a motor drive including a D.C.  
6 brush motor. The D.C. brush motor turns the cranks of the  
7 trainer thereby turning the foot links and pedals through the  
8 linkage. This causes the patient's legs to move in response to  
9 being placed on the foot pedals. The particular desired  
10 movement can be adjusted to a particular speed of walking  
11 depending upon the level of capability by the patient.

12  
13 Additionally, the D.C. brush motor can be overdriven  
14 by the patient when the patient is able to exert an effort.  
15 This overdrive allows the patient to move in a particular  
16 manner and exert a certain force on the pedals. The pedals can  
17 then be controlled in the overdrive mode and provided with a  
18 particular force through a resistance on the D.C. brush motor  
19 or other suitable resistance.

BRIEF DESCRIPTION OF THE DRAWINGS

Figure 1 shows a perspective view of the exercise trainer of this invention with the moving elements connected to a stand which can be used to support the arms of a user.

Figure 2 shows a side elevation view of the exercise trainer of this invention with super-imposed movements of the foot links traveling through a reciprocal movement providing the respective foot pedal orientations as shown.

Figure 3 shows a fragmented partially sectioned view of the foot link of this invention with the foot pedal connected thereto incorporating the flexible member that causes the foot pedal to be moved in relative movement to the foot link.

Figure 4 shows a foot link and foot pedal in the form of a perspective side view.

Figure 5 shows a view looking upwardly at the foot link and foot pedal in a perspective view whereby the ground point is shown extending through a slot within the foot link.

Figure 6 shows an end view of the foot link as seen in the direction of lines 6-6 of Figure 4.

Figure 7 shows a sectional view of the foot pedal and

roller supports as sectioned along lines 7-7 of Figure 3.

Figure 8 shows an end view of the foot pedal as sectioned and seen in the direction of lines 8-8 of Figure 3.

Figure 9 shows a mid-line sectional view of the foot link and foot pedal starting from a level position with the crank arm fully extended forwardly.

Figure 10 shows a mid-line sectional view of the foot link and the foot pedal with the crank arm in its lowered position.

Figure 11 shows a mid-line sectional view of the foot link and foot pedal with the crank arm in its rearward extended position and the foot link relatively flat.

Figure 12 shows a mid-line sectional view of the foot link and foot pedal with the crank arm in its full upright position.

Figure 13 shows a fragmented perspective view with the support frame broken away to detail the end rollers which support the foot link as well as the pulley upon which the flexible member is wrapped around.

Figure 14 shows a perspective fragmented broken away view of the rollers that support the foot link with the

flexible member having a spring member inter-connected therewith.

Figure 15 shows a sectional view of the rear support rollers supporting the foot link as sectioned along lines 15-15 of Figure 1.

Figure 16 shows a sectional view of a flexible member which can extend the crank length for reciprocating movement by a factor of just under six.

Figure 17 shows a sectional view of a flexible member which can extend the crank length for reciprocating movement by a factor of just under eight.

Figure 18 shows a physical therapy unit employing the moveable seat of this invention.

Figure 19 shows a perspective view of the physical therapy exerciser of this invention looking from the rear thereof.

Figure 20 shows a perspective fragmented detailed view of the crank, foot links, and motor drive of the invention.

Figure 21 shows a view in the direction of lines 21-21 of Figure 20.

1 Figure 22 shows a rear elevation view of the crank  
2 and flywheel assembly of this invention.

3  
4 Figure 23 is a graph showing the load and drive  
5 efforts respectively of a user and the motor as set forth with  
6 regard to the RPM and the related miles per hour.

7  
8 Figure 24 shows the moving seat adjustment in the  
9 direction of lines 24-24 of Figure 19.

10  
11 Figure 25 shows a detailed sectional view of the seat  
12 adjustment of this invention.

13  
14 Figure 26 shows a sectional view of the flywheel.

15  
16 Figure 27 shows a block diagram of the controls of  
17 this invention.

18  
19 Figure 28 shows an alternative embodiment of this  
20 invention.

21  
22 Figure 29 shows a second alternative embodiment of  
23 this invention.

DESCRIPTION OF THE PREFERRED EMBODIMENTS

Looking more particularly at Figure 1, which is a perspective view showing the exercise trainer of this invention, it can be seen that a frame 10 is generally shown having a longitudinal base member 12. The longitudinal base member 12 terminates at an end portion 14 forming a T shaped cross member at the rear thereof.

At the front, a pair of angular cross members 16 and 18 are shown. These angular cross members 16 and 18 are welded to the longitudinal frame member 12. Angular cross members 16 and 18 have leveling pads 20 on either side. The leveling pad of cross member 18 is hidden from view but is identically placed as the leveling pad 20 of cross member 16. These tend to level and orient the frame 10 and the attendant exerciser supported thereon.

In order to support the foot links at the rear, an inverted U shaped frame 22 is provided. The inverted U shaped frame member 22 has a horizontal portion and two depending portions 24 and 26. These vertical or upright portions 24 and 26 respectively terminate in a pair of box extension frame members 28 and 30. The respective box extension frame members 28 and 30 are welded or suitably bolted to the longitudinal member 12 to provide stability to the entire frame 10.

Welded to the horizontal portion of the U shaped

1 frame 22 is the main support roller bracket 198, containing  
2 main support rollers 190 and 192.

3  
4 Welded to and extending from the upright portions 24  
5 and 26 are the left and right grounding shafts 138 supports 38  
6 and 40. The grounding shaft supports 38 and 40 respectively  
7 extend inwardly in a lateral manner from the uprights 24 and  
8 26. These extending inwardly oriented members 38 and 40 are  
9 such wherein they provide a ground for the flexible member.  
10 The ground extends from members 38 and 40 down through the  
11 uprights 24 and 26 to the base of the frame as leveled and set  
12 upon the leveling pads 32 and 34.

13  
14 In order to provide for a level orientation, the  
15 cross members 28 and 30 respectively have leveling pads 32 and  
16 34. These allow for leveling of the entire frame comprising  
17 cross members 16, 18 and 30 and 32 along with the terminal T  
18 shaped portion 14.

19  
20 Connected to the front of the longitudinal member 12  
21 is a pair of rollers 42 which are journaled with a pin 44 so  
22 that the frame 10 in its entirety can be rolled.

23  
24 The frame 10 supports an upright member 46 braced by  
25 an angular member 48. The upright member 46 and angular member  
26 48 are welded or secured in any suitable manner such as rivets,  
27 bolts, or metal flange inserts and mating slots into the base  
28 member 12. This can be seen where they are secured at portions



1 respectively 50 and 52. As an aside, the securement of the  
2 various metal frame members can be made by welding, bolts,  
3 rivets, inserts, tabs, locking tabs, plastic joiners, or  
4 linking connectors which are well known in the art.

5  
6 The upright 46 and the bracing member 48 is provided  
7 on both sides of the drive pulley disk or wheel 56.

8  
9 The braking or load on the movement is provided by  
10 means of an electric or mechanical loading system, alternator,  
11 generator, rheo, magnetic, eddy current, etc. In the  
12 alternative, a mechanical brake such as caliper brakes known in  
13 the art can be used to squeeze the rim of the disk or wheel 56.  
14 When the pedals are driven, the load is substituted with a D.C.  
15 brush motor. This provides movement of the pedals for light  
16 exercise and physical therapy.

17  
18 In this particular case, the drive pulley 56 is  
19 operationally connected by a belt to a pulley or sheave 60  
20 which in turn is connected by a second belt to a second pulley  
21 or sheave 62 which has a peripheral mass to serve as a  
22 flywheel. The second pulley or sheave 62 acting as a flywheel  
23 is also the flywheel attached to the mechanical, electrical or  
24 electro-magnetic load device, alternator, generator, rheo,  
25 magnetic, etc., or when driven, to the D.C. brush motor. This  
26 provides resistance or drive to the flywheel which in turn  
27 provides resistance or drive to the crank pulley 56. As the  
28 crank pulley rotates, its movement is transmitted to the

flywheel. This movement is constantly transmitted back to the crank pulley to create a smooth motion to the user.

The resistance can be changed by requiring the loading device to increase the resistance, thereby changing the load on the drive pulley 56 and the reflective load to the foot links. In the alternative, when a motor is utilized it provides positive drive to the foot links.

In order to allow the user full access to variations and resistance, a panel 70 which includes a switch bank 71 is shown. The panel 70 is merely for descriptive purposes but can include various inputs in the way of mechanical electronic or touch switches so that variations in resistance or drive from a D.C. brush motor can take place. In order to allow for the user to have access and balance oneself, a pair of handle bars 72 and 74 are shown to which the user can grip at handle portions 76 and 78. Thus, a grip can be maintained and at the same time changes in loading can take place by the switch means that can be emplaced on the panel 70 such as switches in the form of the switch bank 71 that are shown.

The drive system through the sheaves or pulleys 60 and 62 can be interconnected by any suitable drive including the journal housing 61 as shown having the bearing support or pillow block for the sheave 60. Also, various controls can be utilized to tension the belt connected between crank pulley and sheave 60 through the idler pulley 59 as shown. Frame members

1 can be utilized other than the frame members shown including  
2 the upright support 65 connected to the rigid support box 63  
3 which is in turn welded or connected to the upright 46 and  
4 bracing member 48. Also, parallel bracing members on the other  
5 side such as those symmetrically opposite upright 46 and  
6 angular bracing 48 can be included.

7  
8 The exercise and physical therapy trainer hereof is  
9 such wherein a user positions oneself on the exerciser foot  
10 pedal portions 102 and 104. The foot pedal portions 102 and  
11 104 are supported on pedal links 106 and 108. The pedal links  
12 106 and 108 comprise extruded beam or drive rod portions in the  
13 form of an extrusion having a central cross-sectional area  
14 formed as a general channel, tunnel, or void 180 and two  
15 channel portions 158 and 160 on either side. These will be  
16 detailed hereinafter in the cross-sectional showings of the  
17 extrusion. However, any suitable links having various cross  
18 sections can be utilized so long as they allow the connections  
19 for driving the foot pedals 102 and 104.

20  
21 Each of the pedal links 106 and 108 are connected  
22 respectively to their crank members 94 and 92 by means of  
23 journaled pivoting crank arm journaled extensions 110 and 112.  
24 The crank extensions 110 and 112 extend into openings and  
25 bearings within the foot links 106 and 108 as can be seen in  
26 the bearing guide shown in Figure 4, namely bearing guide 113.  
27 These crank arm journaled extensions 110 and 112 can be formed  
28 as any crank arm extension providing for a pivotal or

1 rotational journaled attachment to the crank arms 92 and 94 so  
2 as to create a rotational end member in the form of the crank  
3 extensions 110 and 112 analogous to those of a bicycle pedal  
4 support. The extensions 110 and 112 are pivotally connected  
5 and journaled by bearings to the pedal links 106 and 108 at  
6 bearings 113.

7  
8 The foregoing allows the pedal links to move in a  
9 reciprocating manner on the rotationally supported bearings or  
10 shafts 110 and 112. This reciprocating motion can be analogous  
11 to any reciprocators which are attached to a rotational  
12 movement for translation of rotational movement by a crank into  
13 reciprocating movement such as is well known in the form of  
14 pitman rods, crank connections, drive shafts and other forms  
15 for creating reciprocating motion from rotational motion.

16  
17 Mounted on the pedal links 106 and 108 are the two  
18 respective pedal portions 102 and 104. The pedal portions can  
19 be formed in any suitable manner. However, in this case they  
20 are shown as inverted box shaped 90° U shaped members or  
21 rectangular channels. The box shaped or rectangular channel  
22 members forming the pedal portions 102 and 104 are provided  
23 with some means for receiving a user's foot. This has been  
24 shown in the form of the outline 103 on pedal portion 102 that  
25 can be a foot pad with a heel cup, a cup shaped element with  
26 upstanding lips, or lipped edges, or a shoe like member into  
27 which a user's foot can be emplaced. The foot pedals 102 and  
28 104 are such wherein they support a user's foot which can be

1 connected in any particular manner or received on top in the  
2 form of a foot conforming portion such as outline 103.

3  
4 At the distal end from the cranks 92 and 94, the  
5 pedal links 106 and 108 are supported on a grouping of rollers  
6 130 and 132 having rollers which will be detailed hereinafter.  
7 In order to view the roller groupings 130 and 132 more  
8 carefully, a view thereof can be seen in greater detail in  
9 Figures 13 and 15. Figure 13 is a perspective fragmented view  
10 thereof showing support of the pedal link 108. This can be  
11 seen clearly wherein the inverted U shaped portion 22 with its  
12 uprights 24 and 26 are shown supporting the underlying lateral  
13 ground support member 40. Extending from the ground support  
14 member 40 is a ground or upright column 138. The ground  
15 support, or upright member 138 is seated within an opening  
16 shown analogous to that of opening 140 having a pin or other  
17 means such as a bolt 142 passing therethrough and securing it.  
18 The ground 138 can be connected to anything so long as it  
19 provides suitable ground connection as will be detailed  
20 hereinafter. At its non-grounded end, ground 138 attaches to a  
21 flexible member so that a portion of the flexible member does  
22 not move with respect to ground as the foot link 108  
23 reciprocates backwardly and forwardly.

24  
25 In order to support the foot link 108, it can be seen  
26 that the roller system or grouping 130 has been shown which is  
27 analogous to roller system or grouping 132 which supports foot  
28 link 106.

1 In order to facilitate understanding of the support  
2 on the roller support system 130, it should be understood that  
3 the foot link 108 comprises an elongated beam like section that  
4 has been extruded with a pair of channels 158 and 160 on either  
5 side, and with an internal elongated tunnel chamber or passage  
6 180. In particular, looking at Figures 4, and 5, it can be  
7 seen wherein the foot link 108 is shown having an upper  
8 slightly curved flat portion 150 and a lower portion 152. The  
9 upper and lower portions 150 and 152 are joined by a pair of  
10 internal webs 154 and 156. These internal webs 154 and 156 can  
11 be seen more specifically in Figures 6, 7 and 8 which shows the  
12 end and cross-sections of the foot link 108.

13  
14 In particular, webs 154 and 156 interconnect the  
15 upper portions 150 and 152 so that a pair of channels 158 and  
16 160 are provided. The channels 158 and 160 have upper and  
17 lower convex curvilinear surfaces 162 and 164 respectively at  
18 the tops and bottoms thereof. These curvilinear convex  
19 internal surfaces 162 and 164 allow for a generally rounded  
20 seating of rollers which roll therein and capture them at the  
21 outer limits or downturned and upturned lips respectively 166  
22 and 168.

23  
24 Extending from the upturned lips 168, are a pair of  
25 flat surfaces 170 which are bilaterally symmetrical and allow  
26 for secondary guide rollers to be received on the flat surfaces  
27 thereof. Thus, the foot link 108 comprise two channel portions  
28 158 and 160 divided by upright webs 154 and 156 and also have a

1 tunnel, elongated cavity, or interior passage 180 passing  
2 therethrough. The interior passage 180 is such where it  
3 receives a flexible member to be detailed hereinafter.

4  
5 The foot link extrusion 108 can be formed in any  
6 suitable manner. The criteria is that it be able to  
7 reciprocate either on rollers, links, or other means. For  
8 instance, a mechanical linkage can be utilized in the form of  
9 arms on which the foot link 108 moves backwardly and forwardly.  
10 In this manner, movement of the foot link reciprocally can be  
11 in any manner to provide for reciprocal movement, as well as by  
12 pneumatic and fluidic means in the form of pistons, cylinders,  
13 or other supports. Any such support means in order to allow  
14 the foot link 108 to move backwardly and forwardly can be  
15 utilized for reciprocating movement of the foot links 106 and  
16 108 with respect to the rotational movement of the cranks 92  
17 and 94. In effect, it is not necessary to have the support  
18 roller system 130 and 132 or the configuration of the foot  
19 links 106 and 108 as shown as long as a sliding reciprocal and  
20 tilting or other movement can be established such as on a  
21 pivoting upright support member or link which rotates  
22 backwardly and forwardly such as a bell crank member, upright  
23 pneumatically pivoting strut, or arcuately turning extension  
24 member connected to a pneumatic or hydraulic damper.

25  
26 In order to support the foot link 108 in the channels  
27 158 and 160, a pair of main support rollers 190 and 192 are  
28 utilized. These respective rollers 190 and 192 are received

1 respectively within the channels 158 and 160. These rollers  
2 190 and 192 have a partial curvilinear cross-section which  
3 generally conforms to the upper and lower channels respectively  
4 162 and 164. Thus smooth rolling contact is established while  
5 at the same time engaging and checking the movement of the foot  
6 link 108 from lateral sway.

7  
8 Rollers 190 and 192 are machined slightly smaller in  
9 diameter than the opening of 162 and 164 as seen in gaps 702  
10 and 704. These gaps 702 and 704 allow clearance between  
11 rollers 190 and 192 and foot links 108 to provide a smooth and  
12 quiet rolling.

13  
14 The rollers 190 and 192 fundamentally are such  
15 wherein they support the foot links 106 and 108 in their  
16 reciprocal movement and are assisted by means of two flat  
17 rollers 194 and 196. These flat rollers 194 and 196 can be  
18 seen in greater detail in Figure 15. These particular flat  
19 rollers are designed to have a smaller gap from the flat  
20 surface 170 on the extrusion. During normal operation, as the  
21 user's weight presses down on the foot links, only the main  
22 support roller is in contact and rolling as the foot links  
23 reciprocate. Any uplifting force on the foot links during the  
24 operation will disengage the extrusion from the main support  
25 rollers 190 and 192 and extrusion's flat 170 will roll on the  
26 flat rollers 194 and 196.

27  
28 The rollers 190, 192, 194 and 196 are supported for



1 movement by a depending bracket 198 that has two lateral  
2 depending walls or bracket portions 200 and 202. The depending  
3 bracket portions 200 and 202 have openings which receive a pair  
4 of axles 240 and 241. These are secured by nuts 242 and 244  
5 respectively to provide a journaled bearing surface by axles  
6 240 and 241 upon which bearings of the rollers 190, 192, 194  
7 and 196 can turn.

8  
9 The rollers 190, 192, 194 and 196 can be journaled on  
10 any type of bearing surface with ball bearings, roller  
11 bearings, or merely a friction bearing. The main support  
12 rollers 190 and 192 are shown also provided with bearings  
13 internal thereof attached to their axles 240 and 241 for  
14 rolling movement. The rollers 190 and 192 are retained by any  
15 means to the ends of the axles 240 and 241.

16  
17 The foregoing roller and support configuration  
18 provided by the rollers 190 and 192 support the interior  
19 surfaces of the channels 162 as they rest thereon. To further  
20 enhance the operation, the flats or extensions 170 in  
21 conjunction with rollers 194 and 196 allow for rigidifying and  
22 maintenance of the movement of the foot links so that the  
23 combination maintains the foot links with regard to upper and  
24 lower movement and stability in both vertical directions. This  
25 is based upon the rollers 194 and 196 being journaled and  
26 engaging the flats 170 by downwardly rolling forces.

27  
28 The upright ground member 138 as previously mentioned

1 passes upwardly through the foot links 108 and is received  
2 within a slot 260 which can be seen in greater detail in Figure  
3 5 as a slot in the underlying surface 152 of the foot link 108.  
4 This allows for reciprocating movement of the foot link 108  
5 with the upright ground member 138 passing through the slot  
6 260. This permits a connection of the ground to a flexible  
7 member which will be detailed hereinafter which serves to move  
8 the foot pedals 102 and 104 in relative motion to the foot  
9 links 106 and 108.

10  
11 The foot pedals 102 and 104 can be seen as supported  
12 on the foot links 106 and 108 in the various showings hereof.  
13 Specifically, foot pedal 104 has been shown on foot link 108  
14 supported by three pairs of rollers. The rollers at the front  
15 and back respectively provide the underlying support at the  
16 front and the back when rolling on respective channels 164.  
17 These particular rollers can be seen as rollers 302 and 304  
18 sectioned in the direction of lines 8-8 of Figure 3 so that  
19 they are detailed in Figure 8. These rollers 302 and 304 are  
20 matched by a second pair of rollers at the front area of the  
21 foot pedal 104. Each pair of rollers is supported by an axle  
22 such as axle 306 at the rear and axle 308 that are secured by  
23 nuts on either side. These nuts are analogous to nuts 340  
24 shown in Figure 7 and can be substituted by flanged fittings,  
25 cap nuts, or other means for securing the axle 306 with the  
26 rollers 302 and 304 thereon. These rollers 302 and 304 have  
27 bearing surfaces which allow them to roll on the axle or in the  
28 alternative, the axle can be seated and journaled in the foot

1 pedal 104 so as to provide for rotational axial movement. The  
2 respective rollers 302 and 304 and those on axle 308 which are  
3 not shown ride in the channels 164 to provide resting support  
4 for the foot pedal 104 as it moves backwardly and forwardly.

5  
6 The rollers 302 and 304 are secured by spacers 318,  
7 or bearings and end securements 320 on either end or side  
8 thereof. Other suitable means such as bearing locks, caps, or  
9 other means can be utilized. Suffice it to say, the rollers  
10 302 and 304 move backwardly and forwardly with rollers on axle  
11 308 and support the foot pedal 104 on the foot link 108 insofar  
12 as the pair of rollers mounted on axles 306 and 308 are  
13 concerned.

14  
15 The third set of rollers shown in the sectional view  
16 of Figure 7 are rollers 332 and 334 which are also supported on  
17 an axle 336 passing through the foot pedal 104. This axle 336  
18 allows for the rollers 332 and 334 to ride thereon. Axle 336  
19 in like manner to axles 306 and 308 is secured by a nut 340 on  
20 either end and includes spacers and bearings respectively 346  
21 and 348.

22  
23 The rollers 332 and 334 are offset with regard to  
24 their axles in an upward manner from the axles 306 and 308. In  
25 this manner, they exert an upward force against the arcuate  
26 convex channel portions 162. The rollers 332 and 334 provide  
27 this upward lifting force in such a manner as to create a  
28 tightened or snug mounting of the foot pedal 104 on the foot

1 link 108 by the central portion pushing upwardly on the foot  
2 link 108 as the foot pedal 104 is loaded downwardly against the  
3 trough or curved portion 164 of the channels by the rollers and  
4 axles 306 and 308. This can be seen by the space beneath  
5 rollers 332 and 334 in Figure 7. This allows for more stable  
6 movement of the foot pedal 104.

7  
8 In order to allow for movement of the foot pedals 104  
9 on the foot link 108 with the respective axles 306, 308 and  
10 336, a space, slot, or passage is milled or formed in the webs  
11 154 and 156 which can be seen as a slot 360. The slot 360  
12 allows for passage of the axles 306, 308 and 336 as the foot  
13 pedal 104 reciprocates backwardly and forwardly in the channels  
14 162 and 164. The clearance for the axles 306, 308 and 336  
15 allows the travel backwardly and forwardly.

16  
17 Although specific bearing supports have been  
18 mentioned for the foot pedals 102 and 104, as well as the links  
19 106 and 108, various other bearing surfaces, rollers, and  
20 engagement means can be utilized for sliding movement.

21  
22 Looking at Figures 3, 4 and 8, it can be seen that a  
23 flexible member anchor, securement or strap brace 364 is shown.  
24 This anchor 364 is anchored by means of a nut 366 on either  
25 side or in the alternative, the rectangular anchoring means can  
26 be formed as a rectangular through bolt having nuts 366 on  
27 either side. The anchoring member or cross member 364 is  
28 connected to an elongated flexible member 374. The elongated

flexible member 374 is secured to the anchoring member 364 in this case by means of a bolt 376 and washer 378. However, the flexible member 374 can be clamped, cinched or in any way affixed to the foot pedal 104 in a suitable manner so that it is secured thereto and moves with and can pull the foot pedal 104.

The bolt or screw attaching to the anchor 364 can be seen in Figure 8 as the bolt head 376 with the washer 378. The flexible member 374 passes through the tunnel elongated opening or passage 180 and can be seen with its upper portion 382 and lower portion of the flexible member belt or cable 384. These respective upper and lower portions as can be seen are such wherein the upper portion 382 is anchored by the anchoring means in the form of the screw and washer to the cross member 364. However, it can be anchored by any suitable means so long as it is able to move drive and/or pull the foot pedal 104 in the manner as described hereinafter.

The lower portion of the flexible member belt or cable 384 is anchored to the ground 138 as previously mentioned. Thus, its affixation continues downwardly from the ground to the base of the frame through the structure as previously stated. This ground 138 extends as an extension upwardly and is connected to the lower portion by means of a bolt and washer configuration 390 similar to that of the bolt and washer or screw and washer 376 and 378. The securement can be in any suitable manner by clamping and holding the lower

1 portion 384 so that it is fixed with regard to the ground  
2 position 138 and such that it does not move therefrom in any  
3 appreciable manner.

4  
5 The flexible member 374 is wrapped around a pair of  
6 belt pulleys or sheaves respectively at the back and distal  
7 therefrom toward the front. These respective pulleys or  
8 sheaves comprise a back belt pulley 394 and a front pulley 396.  
9 This is also seen graphically in Figure 6 wherein the back or  
10 rearward belt pulley 394 has a pair of flanges 395 and 397 on  
11 either side thereof. These flanges 395 and 397 serve to hold  
12 the belt 374 in a central position on the belt pulley. In  
13 order to journal the rearward belt pulley 394, it can be seen  
14 that a bolt or other journaling means passes through the center  
15 thereof having bearings. In this case, the bolt comprises a  
16 bolt 401 with a head 403 and a nut 405 to secure the belt  
17 pulley 394 thereto.

18  
19 In like manner, the belt pulley 396 is secured  
20 similarly to the side walls of the inside of the channels  
21 namely side walls 154 and 156. This can be seen wherein the  
22 sheave or pulley flanged side walls analogous to those shown on  
23 the rear belt pulley 394, namely flanged side walls 409 and 411  
24 are shown in Figure 7 within the tunnel or elongated cavity  
25 180. The belt pulley 396 is journaled on an axle with bearings  
26 seen in Figure 7 and partially seen in Figure 4 with a nut 419  
27 securing the axle.  
28

1           These belt pulleys 394 and 396 which will be  
2 described hereinafter as belt pulleys to distinguish them from  
3 the other rollers comprise a sheave, turning means, or other  
4 element to allow the flexible member 374 to rotate around them  
5 as the foot link 108 moves, in a manner to be described.

6  
7           It should be noted that the axis of the belt pulley  
8 394 can not be moved any farther forward than the point of  
9 anchoring of the belt at the point where it is secured by  
10 securement 390 to the ground 138. Also to this extent, the  
11 belt pulley 396 can not be moved backwardly into the area of  
12 the foot pedal 104 to the point where it entangles or  
13 disorients the movement of the foot pedal by impinging or  
14 engaging against the forward axle 308 of the foot pedal.  
15 Within these constraints also it should be understood that the  
16 movement of the foot pedal 104 should be allowed to move with  
17 respect to the foot link 108 in a non-binding and free manner  
18 to provide for the increased stride of this invention in a  
19 manner so that it does not restrict the reciprocal movement of  
20 the foot links 106 and 108.

21  
22           In effect, what happens, is as the foot link 108  
23 moves backwardly, it tends to push the belt pulley 394 relative  
24 to the ground backwardly. This in turn pulls the flexible  
25 member backwardly so that the upper strap portion cable or  
26 other flexible member portion 382 tends to pull the foot pedal  
27 104 backwardly due to the fact it is secured thereto at the  
28 connection or anchor 376. As it pulls the foot pedal 104

1 backwardly, it pulls it along the top of the foot link 108. At  
2 the same time, while pulling the top portion 382 of the  
3 flexible member, the bottom portion 384 tends to pay out and  
4 wrap around the belt pulley 396 as it moves around the axis  
5 thereof. The flexible member 374 is a continuous looped member  
6 so that it pulls by the relative motion of the belt pulley 394  
7 driving it backwardly while feeding around the belt pulley 396.

8  
9 As the foot link 108 moves forwardly, it moves the  
10 belt pulley 396 so as to pull forwardly the foot pedal 104.  
11 Thus, at this point the pulley 396 serves as a driving roller  
12 by pulling the connection point or anchor 376 and the attendant  
13 foot pedal 104 forwardly as the rear belt pulley pays out the  
14 upper portion 382 of the flexible member 374 forwardly. In  
15 this manner, relative motion is multiplied by a factor of four  
16 times the length of the crank arm 92 as will be seen in the  
17 crank arm description in the Figures described hereinafter.  
18 Other means to impart this relative motion within the foot link  
19 108 can also be accommodated such as by the substitution of a  
20 rack and pinion respectively for the flexible member 374 and  
21 the belt pulleys 394 and 396. Also, aside from a rack and  
22 pinion and various cable configurations, it should be  
23 understood that levers and anchoring points can be utilized to  
24 enhance this principle of the doubling movement of the normal  
25 diameter sweep of the crank arms. In effect a push pull  
26 relationship for the foot pedals 102 and 104 is established  
27 with respect to ground provided by grounded connection 138.  
28



Looking at Figure 14, it can be seen that the rear support rollers 190, 192, 194 and 196 are shown. However, as an alternative, the ground point 138 is secured to the lower portion 384 of the flexible member in part by a spring. This spring allows for retention and belt flexibility so that the belt 374 is maintained in a tightened relationship. However, in general, it is believed that a tightened cable or other means will generally not require the spring tightening shown in Figure 14. This spring tightening shown in Figure 14 can not only be a coil spring 410 as shown therein but any other suitable means to take up slack.

Looking specifically at Figures 2, 9, 10, 11, and 12, it can be seen that the relative positions have been shown with regard to the crank arms, the foot link, the foot pedal, and the flexible member. The view is of a mid-line view of the foot link, foot pedal and flexible member within the foot link.

Looking more specifically at Figure 2, it can be seen that the frame supporting the exercise and physical therapy trainer of this invention is shown. The respective foot pedals are shown in a dynamic traveling mode in a dotted configuration defined by a dotted curve 500. The dotted curve 500 is somewhat analogous to a degenerated ellipse. An ellipse as purely defined is an elongated circle: a regular oval; specifically: a closed plane curve generated by a point so moving that its distance from a fixed point divided by its distance from a fixed line is a positive constant less than 1.

1 However, in this particular case it can be seen that this is  
2 fundamentally a degenerated or modified ellipse 500 having an  
3 elongated or major axis between two particular points.

4  
5 For illustration purposes initially the operation of  
6 the foot pedal is such wherein a user's foot at point 502 is  
7 when the crank 92 is in the horizontal position. The crank  
8 connector 112 is at the farthest position defined by  
9 approximately a point 90° counter clockwise from its top  
10 position. Also the position of a person's foot 502 is in the  
11 most forward position with regard to the foot pedal 104 on the  
12 foot link 108. As the foot pedal 104 is pushed downwardly,  
13 thereby orienting the crank an additional 90° so that the crank  
14 arm is moved 180° counter clockwise from the top position, the  
15 point of the foot 504 is moved backwardly. As the crank moves  
16 backwardly more with the relative movement of the foot pedal  
17 104 moving backwardly the crank is approximately 270° in  
18 counter clockwise movement from the top position. At this  
19 point the foot position at point 506 is in its furthest  
20 position backwardly.

21  
22 As the foot link 108 moves forwardly by the crank arm  
23 moving to the top position, the foot position 508 changes so  
24 that it is at the top of the modified ellipse. The modified  
25 ellipse 500 describes the foot and foot pedal 104 positions  
26 502, 504, 506, and 508 respectively with regard to the crank  
27 positions. The modified dotted configuration 500 is such where  
28 it defines the movement as shown so that a smooth generally

1 modified elliptical path is achieved. This somewhat  
2 corresponds to a running or jogging motion for movement rather  
3 than a mere straight up and down or sliding movement. It can  
4 also be noted that the position of the foot moving from  
5 position 502 to 506 is such wherein the major axis of the  
6 modified elliptical like configuration 500 with respect to  
7 ground is four times the crank length. Thus the overall  
8 multiplier effect of two creates an increase of a factor of  
9 four times the crank length.

10  
11 Looking more particularly at Figures 9, 10, 11, and  
12 it can be seen that the relationship as defined in Figure 2  
13 is shown with regard to the movement of the flexible member  
14 374. In order to orient the operation, the first position is  
15 shown in Figure 9 and sequencing through Figures 10, 11, and  
16 12.

17  
18 Figure 9 shows the crank in its most forward position  
19 which accordingly is the position of the foot link connected at  
20 its journaled bearing location 112. This is approximately at  
21 90° from top center in a counter clockwise movement or at  
22 approximately nine o'clock. At this point, the foot pedal 104  
23 and the location of a user's foot can be seen in the most  
24 forward position of the exercise movement.

25  
26 The foot pedal 104 is then driven backwardly from its  
27 most forward position. It will now be seen wherein by moving  
28 to the position of Figure 10, which is 90° from the prior

position of Figure 9, or approximately 180° from the top center position moving counter clockwise to six o'clock, that the foot link 108 has been moved backwardly. The foot pedal 104 has moved a given distance D1 with respect to ground. This given distance D1 is accommodated by the belt pulley 394 being journaled to and driven by the foot link 108 backwardly in the direction of arrow B. This thereby pulls the upper portion 382 of the flexible member backwardly thereby pulling the anchor point 364 of the foot pedal backwardly so that the foot pedal 104 moves relatively along the top of the foot link 108.

As the foot link 108 moves farther backwardly, the foot pedal 104 also moves backwardly in relation thereto and to ground as shown in Figure 11. In Figure 11, the crank 192 has moved a full 270° from the top position or 180° backwardly to a position at three o'clock. The distance that the foot pedal moves is shown as D2. D2 is the distance of substantially four times the crank length. From this point, with further movement, the foot pedal 104 then moves forwardly as seen in Figure 12.

In Figure 12, the foot link 108 has moved forwardly to its top position or at twelve o'clock a full 270° from the position shown in Figure 9. The distance and movement from the rear position of D2 is D2 minus D1 with the foot pedal being in the upper position. This is caused by the belt pulley 396 pulling the foot pedal 104 forwardly from its anchor point 364 due to the fact that the relative position of the belt pulley

396 is moving forwardly in the direction of arrow F. The overall effect is to move the upper belt member 382 forwardly while feeding out the lower belt member 384 so that it travels around the belt pulley 394 in the opposite direction from the way it was traveling when the movement was in the direction of arrow B.

From the foregoing it can be seen that the overall movement of the foot pedal 104 has gone upwardly and downwardly in a roughly modified elliptical manner as shown by the outline 500 of Figure 2. This makes a smooth curvilinear transition from the forward position indicated at point 502 on the foot pedal back to point 506 and then forwardly again to point 502. As can be understood, any principle involving such an effect by a rack and pinion or linkages substituting the flexible member 374 and the belt pulleys 394 and 396 can be utilized. Such means would be a rack and pinion or combination thereof in the alternative to belts and pulleys, cables, chains, or other means. Of course, chains can be effectuated with the utilization of sprockets or other means substituting for the belt pulleys 394 and 396. All the foregoing can effect the same movement of driving the foot pedal 104 backwardly and forwardly from its relative position on the foot link in relationship to ground as established by the ground 138 connected to the frame in its fixed location.

Looking more specifically at Figures 16 and 17 it can be seen in Figure 16 that a generally modified elliptical path

600 has been shown analogous to the prior modified elliptical path 500. In this particular instance, the flexible member has been provided in the manner of the normal flexible member 374 within the foot link 108 with the foot pedal 104 being placed on top of the foot link 108. Here again, pulleys 394 and 396 are in the same orientation as in the prior embodiment. However, in this particular case additional pulley sets are utilized with an additional belt link. In particular, this embodiment incorporates the ground point 138 to which the flexible member or belt is attached. However, a second set of pulleys 602 and 604 are utilized to allow the belt 364 to be fed around each particular pulley 602 and 604 to feed it downwardly. Pulley 602 and 604 are allowed to pivot as the foot link 108 travels upwardly and downwardly or oscillates in its upward and downward motion through its reciprocating movement.

Attached to the foot link in a fixed relationship is a third set of pulleys 606 and 608 that have an attachment in the form of a bracket 610 and 612 respectively for holding the pulleys 606 and 608. These particular brackets are fixed to the underside of the foot link, namely surface 152. The portion of the belt between pulleys 606 and 608 is affixed to a ground point 138 which is affixed to the frame so that it does not move. This particular arrangement provides for a multiplying effect of substantially six times the length of the crank 92 attached to the foot link 108.

Figure 17 shows an analogous multiplier which provides substantially eight times the crank length distance. In this particular embodiment, a set of pulleys 620, 622, 640 and 642 are provided which are mounted on a plate that pivots around a pivoting pulley point at the axis thereof, namely pulley point 624.

A second set of pulleys 626 and 628 are attached to a bracket 630 which is rigidly mounted to the underside 152 of the foot link 108.

A third set of pulleys 630 and 632 are mounted to a bracket 634 that is connected to the foot link 108 underside 152 by the bracket so that they move in concert with the foot link. Here again, as analogous to the showing in Figure 16 the portion of the flexible member 374 that extends between the pulleys 632 and 628 is secured to an analogous ground which is ground 138.

As the foot link 108 travels to the left a given distance, each belt portion connecting the pulley sets will increase a given distance in length. Since there are six connecting belts a single point on the belt next to the foot pedal travels substantially six times that distance. The remaining distance to make up for the factor of eight is derived from the foot link itself moving with respect to the pedal. This provides for a movement of eight times the length of the crank 92.

1 Looking more particularly at Figure 18, it can be  
2 seen that a side elevation view of an alternative embodiment of  
3 this invention has been shown.

4  
5 In particular, it can be seen that the showing in  
6 Figure 18 includes the like foot links 106 and 108. It also  
7 includes the like foot pedals 102 and 104. The foregoing are  
8 mounted on the base 12. Also, it can be seen where the pulley  
9 56 and sheave 60 are shown with the flywheel 62. All the  
10 foregoing are mounted to the structural members 46 and 48.  
11 Further to this extent, it can be seen that a crank arm 92 is  
12 shown similar to the foregoing description. Also, a control  
13 panel 79 analogous to panel 70 provides control functions shown  
14 similar to the previous embodiment.

15  
16 In order to provide upright support, a stanchion 65  
17 is shown with a hand grip rail 73 similar to the hand grip rail  
18 72 in the foregoing embodiment. The only difference being the  
19 handle bar 72 and 74 of the foregoing embodiment incorporate a  
20 different configuration from that shown as hand grip 73 which  
21 is attached to the stanchion 65.

22  
23 The embodiment shown in Figure 19 and the remaining  
24 figures ancillary thereto incorporate a faring or shroud 702  
25 covering up the rear operating portions of the foot link 106  
26 and 108 attachments. In the forward portion a shroud or faring  
27 704 is shown which also covers up the operative aspects of the  
28 pulley 56 and associated cranks and other operating mechanisms.



1 A significant variation of this invention is that the  
2 alternator or load which is utilized in the prior embodiment is  
3 replaced with a D.C. brush motor 710 shown in Figure 20. The  
4 D.C. brush motor 710 forms a drive motor which is controlled by  
5 a motor control board 712. The motor control board and its  
6 functions will be detailed hereinafter in greater detail in the  
7 showing of Figure 27.

8  
9 The motor 710 shown in Figure 21 is connected to the  
10 flywheel 62 and in turn to the sheave 60 which transmits power  
11 to the belt connected to the pulley 56. Transmission is to the  
12 crank arms 92 as shown in Figure 20 connected to each  
13 respective foot link 106 and 108, through the belt 711  
14 connected to the sheave 60 through the pillow block mounting  
15 61.

16  
17 The motor 710 can be of any particular type that is  
18 utilized to provide a positive movement under control so that a  
19 person can be aided in movement during the exercise process for  
20 both limited exercise and physical therapy. Furthermore, the  
21 motor 710 when overdriven beyond a preset speed provides for  
22 resistance upon the part of the user so that a supplemental  
23 effort is encountered by the user.

24  
25 In order to link the motor to the controls, a filter  
26 716 is provided that reduces RF transients and other noise  
27 emanating from the brushes of the motor into the system. The  
28 speed of the motor is picked up by a hall sensor in

1 relationship to the shaft of the motor 710 as described in the  
2 block diagram of Figure 27. The hall sensor senses movement of  
3 ridges, teeth, knobs, or lands and grooves on a rotating disk  
4 attached to the motor 710. The respective pulses provided by  
5 each respective tooth, knob, or ridge can be picked up and  
6 counted to determine the speed of the motor 710.

7  
8 From the foregoing, it can be seen that the motor 710  
9 provides a drive and supplemental movement to a user in a  
10 physical therapy mode. In other words, if the user can not  
11 move the foot pedals 102 and 104 with sufficient strength, the  
12 movement is supplemented or completely provided by the power of  
13 the motor 710 turning the foot links 106 and 108 through the  
14 cranks 92 so as to move the foot pedals 102 and 104. Also, an  
15 overdrive or user positive effort can take place whereby a user  
16 when a pre-established motor speed has been reached can exert  
17 positive effort in order to push the foot pedals 102 and 104  
18 beyond the speed of the motor for further exercise.

19  
20 Looking more particularly at the showing of Figures  
21 18 and 19, it can be seen that a seat 720 has been provided on  
22 a sliding column 722. The sliding column 722 is mounted in a  
23 tube or sleeve 724. The tube or sleeve 724 is supported by an  
24 angular strut 726.

25  
26 The seat 720 has a back portion 730 against which a  
27 user can rest ones back. A seat belt 732 is provided in order  
28 to hold a person on the seat 720. This is particularly helpful

1 when a person requiring physical therapy is mounted on the seat  
2 720.

3  
4 The seat is adjusted upwardly and downwardly on a  
5 jack screw threaded tube or sleeve 736 that is in turn driven  
6 by a screw 738. The movement of the column or jack screw tube  
7 736 causes movement of the seat 720 upwardly and downwardly in  
8 the direction of the arrows shown in Figure 18. This is due to  
9 the connection at connection point 740 to a seat support 742.  
10 The seat support 742 is such wherein it mounts the seat 720 on  
11 a horizontally angular rotating support so that the seat can be  
12 turned for moving it to the side for a person to slide or mount  
13 onto the seat.

14  
15 The details of the seat mount are shown in greater  
16 detail in Figure 24 wherein the rotatable mount is shown. In  
17 particular, a disk 750 is shown having notches or detent  
18 openings 752. The notches or detent openings 752 allow a pin  
19 754 with a rounded end portion 756 to be placed in the notches  
20 752 at different locations. The pin 754 is controlled by a  
21 knob 758 that is spring loaded by a spring 760 which drives the  
22 pin 754 into the notches or detent openings 752. Thus, the  
23 seat mounting in the form of the disk 750 can rotate in the  
24 direction of arrow 764. This accommodates various positions as  
25 it swings to approximately 90° to the left or right to allow a  
26 person to then sit upon the seat. The user is then rotated on  
27 the mounting 742 back to the position to where the user's feet  
28 are adapted for placement on the foot pedals 102 and 104.

1 The seat 720 allows for a person requiring physical  
2 therapy to be moved and rotated by the rotatable mounting 750  
3 to any particular position and then helped on to the seat 720.

4  
5 The accommodation of the seat 720 to a user is  
6 enhanced by the jack screw tube 736 being able to move upwardly  
7 and downwardly in the direction of arrow 770. This allows the  
8 jack screw 738, detailed in Figure 25, when turned by a motor  
9 774 connected to a gear box 776 to rotate the jack screw  
10 through a gear 778 connected to the gear box. When the screw  
11 rotates in either direction of the arrow 782 as driven by the  
12 motor 774 through the gear box 776, it allows upward and  
13 downward adjustment of the seat 720. This is caused by a nut  
14 786 welded to the tube or jack screw sleeve 736 to drive it  
15 upwardly and downwardly as the gear 778 turns in either  
16 direction of the respective screw 738. In this manner,  
17 adjustable seat heights can be accommodated for variably sized  
18 users.

19  
20 When the seat is higher it helps to enhance  
21 articulation of the hips to a great degree. When it is lower  
22 it enhances greater knee articulation. This is due to the  
23 higher seat orientation causing the hips to receive the  
24 movement of the legs in a larger flexing arc. When the seat is  
25 lower, the knees are more bent and cause a greater arc of  
26 movement through the articulated knee action. The result is  
27 that a rehabilitation mode can be directed depending upon seat  
28 height to the hips or knees of the user.

1 Looking more specifically at Figure 27, it can be  
2 seen that the seat 720 has been shown connected to the gear box  
3 776 and the elevation motor 774. This allows for movement  
4 upwardly and downwardly and adjustment of the seat 720 height.  
5 This adjustment is accomplished on the panel 79 that has an  
6 alpha numeric display 820. A series of switches 822 are shown  
7 having a various set of functions.

8  
9 As can be seen from the motor 774 and the gear box  
10 776, they are interconnected to the control panel 712 through  
11 lines 826, 828, and 830. These lines are connected to a  
12 position sensor 832 that has a potentiometer 834 to indicate  
13 the position of the screw jack 738 and the attendant elevation  
14 of the seat 720. These lines 826, 828, and 830 are connected  
15 to an analog to digital converter 838. The analog to digital  
16 converter takes the signal from the lines and transmits it to a  
17 microprocessor 840. The microprocessor 840 on the control  
18 panel 712 allows for the control functions of the motor 710 and  
19 the elevation motor 774.

20  
21 An interfacing debouncing circuit 844 allows for the  
22 interface of the switches 822 to the microprocessor.  
23 Adjustment of the seat 720 through an up and down switch 848 is  
24 shown so as to cause the microprocessor to signal an up or down  
25 signal to the elevation motor control 850. The motor control  
26 850 is connected to lines 852 and 854 for up and down movement  
27 commands of the elevation motor 774 through lines 856 and 858.  
28

1 In the foregoing manner, the seat 720 can be elevated  
2 and depressed depending upon a user's or therapist's desire.  
3 The up switch portion of switch 848 allows a user on the alpha  
4 numeric display to determine seat height and move the setpoint  
5 upwardly. Downward movement by switch 848 causes downward  
6 movement of seat 720. Movement control is through the control  
7 by the microprocessor 840 as sensed on lines 826, 828, and 830  
8 through the potentiometer 834 of the position sensor 832.

9  
10 Power is provided from an AC power supply to a system  
11 power supply 870. The power supply provides for the power to  
12 the respective motors as well as the system power supply for  
13 the controls.

14  
15 In order to control the motor 710, a start and stop  
16 switch function is initiated through switches 874 and 876.  
17 These effectively turn on the motor 710 and its controls. In  
18 order to change the speed, a user pushes buttons for faster or  
19 slower speed namely faster speed button 878 and slower speed  
20 button 880. These respective buttons allow for the motor to  
21 turn at a particular RPM which is desired for a given exercise  
22 effort or therapy movement.

23  
24 The speed switches 878 and 880 feed into an interface  
25 unit 844 which provides a debouncing circuit to the  
26 microprocessor 840. A speed command is then given to the motor  
27 controller 884 in association with the motor 710. This is  
28 communicated to the motor 710 through a filter previously

1 mentioned namely filter 716 which has been dotted in. The  
2 filter 716 limits electronic noise in both directions to  
3 prevent the system controls from being affected.

4  
5 In order to determine the speed of the motor 710, a  
6 speed sensor 890 in the form of a toothed disk 897 and hall  
7 effects switch or sensor 899 is secured to the motor shaft as  
8 shown. This speed sensor 890 is in the form of a disk 897  
9 having teeth, lands and grooves, or ridges which are sensed by  
10 a hall sensor 899. The movement of the ridges is sensed by the  
11 hall sensor 899. The signal is transmitted to a buffer 892  
12 which in turn is connected to the control board 712 through  
13 line 894. Thus, the speed of the motor 710 can be sensed  
14 through the speed pickup 890 and relayed to the microprocessor  
15 840 for controlling the motor appropriately with regard to the  
16 pre-established and desired speed control.

17  
18 The alpha numeric display 820 displays seat 720  
19 height, speed of the motor 710, time of the workout, and total  
20 distance traveled. Other functions can be provided depending  
21 upon the output of the particular functions desired.

22  
23 The foregoing sets forth the aspects of the unit  
24 which can be used for therapy with and without a seat. In  
25 effect, the user can hold on to the handle bar 73 or sit on the  
26 seat and have the motor 710 turn the cranks 92 in order to  
27 reciprocate the foot links 106 and 108. This allows the user  
28 to freely move by the motor 710 providing the effort. The user

1 can also change this particular function so that the motor 710  
2 speed can be increased or decreased depending upon the user's  
3 particular desire or the therapist's program. This allows the  
4 user to custom design the exercise routine or therapy routine  
5 or in the alternative a physical therapist to design a  
6 particular program to rehabilitate a user. Thus, the user can  
7 be accommodated with a purely motor driven effort or in the  
8 alternative a supplemental effort. Seat 720 height effecting  
9 the angle of displacement, controls the angle of displacement  
10 with respect to the knees and the hips, as previously  
11 described.

12  
13 A supplemental effort is provided when a user reaches  
14 a certain speed and then puts in extra effort. This can be  
15 through a load system which increases the load either through  
16 resistance or other means or creates a drive against the motor  
17 which acts as a resistance and goes into an alternator mode  
18 depending upon the effort of the user in pushing or overdriving  
19 the motor.

20  
21 This is exemplified in Figure 23 which shows a set  
22 speed of three miles per hour which is established at crossing  
23 point 900 along the graph showing the RPM. The motor drive is  
24 shown pushing the exerciser up to three miles per hour. At  
25 point 900, if the user were to supplement the speed of the  
26 motor by pushing against the pedals 102 and 104 positively, the  
27 increase would be seen in the form of the curved line extending  
28 upwardly as to the direction of load.



1 Thus, depending upon how much effort the user puts in  
2 beyond the speed of three miles per hour, the supplemental load  
3 on the user enhances the workout without a full workout but at  
4 the same time providing for therapy on a graduated basis. With  
5 this in mind, it can be seen that therapy can be provided by a  
6 particular motor driven motion while at the same time  
7 increasing it with a small increment of load to a user to  
8 provide physical therapy for those not capable of making a full  
9 effort against the foot pedals 102 and 104.

10  
11 Looking more specifically at Figure 28 it can be seen  
12 that a seat 720 has been provided with the adjustment drive  
13 system including the jack screw column or sleeve 736 with the  
14 drive motor 774 and gear box 778. A handle bar 90 is provided  
15 attached to a column 902. The seat 720 adjusts upwardly and  
16 downwardly on the guiding column 722 within a sleeve 724.

17  
18 In Figures 28 and 29 alternate embodiments are shown.  
19 The entire exerciser is shown having a flywheel 904 connected  
20 to foot links 906 and 908. The foot links have respective foot  
21 pedals 910 and 912. The respective links 906 and 908 are  
22 connected to the flywheel 904 by means of a linkage pin 916 on  
23 either side.

24  
25 The flywheel is driven by a motor such as motor 710  
26 connected to a motor control 712 similar to the prior  
27 embodiments. In this manner, the speed of the flywheel 904 can  
28 be controlled.

1 The movement of the pedals 910 and 912 upwardly and  
2 downwardly is provided by an arcuate track on either side, one  
3 of which is shown namely arcuate track 922 having a roller.  
4 The respective links 906 and 908 have respective rollers 924  
5 and 926 which ride in the arcuate track 922 to provide an  
6 elliptical movement of the foot pedals 910 and 912.

7  
8 A control mechanism with an alpha numeric display  
9 such as that of 820 can be provided in any suitable location  
10 for controlling the motor 710 so that speed can be adjusted  
11 upwardly and downwardly as in the prior embodiment.

12 Looking more particularly at Figure 29 it can be seen  
13 that a seat 720 is also shown with a flywheel 940 connected to  
14 the motor 710 and motor control 712. The flywheel 940 turns  
15 around and has a pair of rollers 944 and 946 on either side  
16 that lifts foot links 948 and 950 in an upward and downward  
17 reciprocating manner. Foot pedals 954 and 956 are provided in  
18 order to provide the user with exercise similar to those  
19 movements set forth hereinbefore.

20  
21 An adjustable jack screw sleeve 736 is also provided  
22 with an elevation motor 774 as in the prior embodiments. Also,  
23 an adjustment seat support column 722 allows the seat to be  
24 raised up and down within a column support.

25  
26 Attached to the forward portion of the foot links 948  
27 and 950 are handles 980 and 982 connected by pivotal  
28

connections 984 and 986. The pivotal connections 984 and 986 allow for one to grip the handles 980 and 982 while at the same time being seated and provide for elliptical movement of the user's feet on the foot pedals 954 and 956. The embodiment with the motor 710 and the motor controller 712 can provide the same type of driven motion as set forth in the embodiments hereinbefore.